

## Rainier Beach Pool SWIMMING LESSONS September 9th – December 22nd

**Registration Begins:**  
**Online:**  
**In Person:**  
**By Phone:**

**August 6th at 12 noon**  
**[www.seattle.gov/parks](http://www.seattle.gov/parks)**  
**8825 Rainier Ave S.**  
**206.386.1925**

### PARENT & CHILD AQUATICS

**Ages: 6 months - 4 years**

American Red Cross Parent and Child Aquatics introduces you and your child to basic swimming skills. As parents, you learn how to safely work with your child in the water and how to prepare and encourage your child to participate fully and try the skills offered. In addition, everyone is introduced to water safety topics along with songs, games and lots of fun. Each child must be accompanied in to the water by a parent or adult. Swim diaper or tight fitting plastic pants are required.

### THREE-YEAR-OLD LESSONS

**Age: 3 years old**

We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

### FAMILY LESSONS

**Age: 4-8 years old**

Learn beginning swimming skills with your own child in a fun and relaxed atmosphere. Some of the skills covered include breath control/rhythmic breathing, kicking, floating, beginner stroke work, and lifejacket safety. Parent/guardian does NOT have to know how to swim but must be in the water with their child.

### KINDER LESSONS

**Ages: 4 & 5**

Participants start with basic water adjustment and advance through front and back floats, flutter kick, rolling from front to back, side breathing, crawl stroke with side breathing, backstroke, whip kick, treading water, diving, and water safety skills. On the first day of class, children are sorted into groups by ability with a 6:1 student to instructor ratio to ensure safety and quality.

### BEGINNING SWIMMER LESSONS

**Ages: 6 - 16**

Our specially designed **Seattle Swims** Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. This class mainly focuses on floating, gliding and kicking, crawl stroke with side breathing, elementary backstroke, backstroke, whip kick, breaststroke, treading water diving and more water safety skills. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

### SPECIAL POPULATIONS LESSONS

**Ages 6-17**

These are individual or small group lessons for children with special needs. We provide pool chair lifts and portable stairs for easy access. Please contact the pool for registration.

### ADVANCED SWIMMER LESSONS

**Ages: 6 - 16**

**Prerequisite:** Swimmers must have passed Beginning Swimmer, be comfortable in deep water, and swim 25 yards of strong crawl stroke, backstroke, whip kick, and dolphin kick. Advanced swimmer adds breaststroke, butterfly, and backstroke along with longer distances and stroke refinement.

Participants who do not meet this prerequisite will be dropped from the course and moved to a Beginning Swimmer class, if space is available. Pretests are available during Public Swims.

### ADULT STROKE DEVELOPMENT

**Ages 16 and up**

In this course, you will refine swimming strokes and build endurance. Whether you want to train for a triathlon or become better at swimming laps for fitness, this is the class for you! Deep water comfort and ability to swim 25 yards (length of the pool) without stopping is required.

### ADULT LESSONS

**Ages 16 and up**

All ability levels welcome! Small groups with similar goals are arranged so instruction can focus on the basics all the way to learning a variety of strokes and water safety. Enjoy exploring the possibilities while developing lifelong and lifesaving skills.

**CLOSURES: September 19th, November 11th Veteran's Day, November 28th Thanksgiving & November 29th Day After Thanksgiving, December 25th Christmas Day.**

### REFUNDS, WITHDRAWS AND TRANSFERS

Partial prorated refunds are available if you drop a class **prior to the second lesson of the session**. \$5 or 10 % withdraw fees apply. These fees apply to any withdraw, even if you wish to register for an alternate class. Full refund is issued if Parks cancels a program. More information on refund policy is available on request.

We reserve the right to cancel any program that does not have the minimum number of participants enrolled.

Class	Days	Start Time	End Time	Start	End	# Classes	Cost	Barcode
<b>Parent and Child Aquatics</b> Ages 6 months old to 4 years old	Mon	10:00 AM	10:30 AM	9/09	12/16	14	\$112.00	24779
	Mon	6:00 PM	6:30 PM	9/09	12/16	14	\$112.00	24780
	Tue	10:00 AM	10:30 AM	9/10	12/17	15	\$120.00	24781
	Tue	5:30 PM	6:00 PM	9/10	12/17	15	\$120.00	24782
	Wed	10:30 AM	11:00 AM	9/11	12/18	15	\$120.00	24769
	Wed	6:00 PM	6:30 PM	9/11	12/18	15	\$120.00	24770
	Thu	10:00 AM	10:30 AM	9/12	12/19	13	\$104.00	24771
	Thu	5:30 PM	6:00 PM	9/12	12/19	13	\$104.00	24772
	Fri	10:00 AM	10:30 AM	9/13	12/20	14	\$112.00	24773
	Fri	5:30 PM	6:00 PM	9/13	12/20	14	\$112.00	24774
	Sat	9:00 AM	9:30 AM	9/14	12/21	15	\$120.00	24775
	Sat	9:30 AM	10:00 AM	9/14	12/21	15	\$120.00	24776
	Sun	9:30 AM	10:00 AM	9/15	12/22	15	\$120.00	24777
	Sun	10:00 AM	10:30 AM	9/15	12/22	15	\$120.00	24778
<b>3 Year Olds</b>	Mon	10:00 AM	10:30 AM	9/09	12/16	14	\$196.00	24809
	Mon	5:00 PM	5:30 PM	9/09	12/16	14	\$196.00	24810
	Mon	6:00 PM	6:30 PM	9/09	12/16	14	\$196.00	24811
	Tue	10:00 AM	10:30 AM	9/10	12/17	15	\$210.00	24812
	Tue	10:30 AM	11:00 AM	9/10	12/17	15	\$210.00	24813
	Tue	4:30 PM	5:00 PM	9/10	12/17	15	\$210.00	24814
	Tue	5:30 PM	6:00 PM	9/10	12/17	15	\$210.00	24815
	Wed	10:00 AM	10:30 AM	9/11	12/18	15	\$210.00	24793
	Wed	10:30 AM	11:00 AM	9/11	12/18	15	\$210.00	24794
	Wed	5:00 PM	5:30 PM	9/11	12/18	15	\$210.00	24795
	Wed	6:00 PM	6:30 PM	9/11	12/18	15	\$210.00	24796
	Thu	10:00 AM	10:30 AM	9/12	12/19	13	\$182.00	24797
	Thu	4:30 PM	5:00 PM	9/12	12/19	13	\$182.00	24798
	Thu	5:30 PM	6:00 PM	9/12	12/19	13	\$182.00	24799
	Fri	10:00 AM	10:30 AM	9/13	12/20	14	\$196.00	24800
	Fri	10:30 AM	11:00 AM	9/13	12/20	14	\$196.00	24801
	Fri	5:00 PM	5:30 PM	9/13	12/20	14	\$196.00	24802
	Sat	9:00 AM	9:30 AM	9/14	12/21	15	\$210.00	24803
	Sat	9:30 AM	10:00 AM	9/14	12/21	15	\$210.00	24804
	Sat	2:30 PM	3:00 PM	9/14	12/21	15	\$210.00	24805
	Sat	3:00 PM	3:30 PM	9/14	12/21	15	\$210.00	24806
	Sun	9:30 AM	10:00 AM	9/15	12/22	15	\$210.00	24807
	Sun	10:00 AM	10:30 AM	9/15	12/22	15	\$210.00	24808
<b>Kinder</b> Ages 4-5 Years Old	Mon	10:30 AM	11:00 AM	9/09	12/16	14	\$140.00	24749
	Mon	4:30 PM	5:00 PM	9/09	12/16	14	\$140.00	24764
	Mon	5:30 PM	6:00 PM	9/09	12/16	14	\$140.00	24765
	Tue	10:30 AM	11:00 AM	9/10	12/17	15	\$150.00	24766
	Tue	5:00 PM	5:30 PM	9/10	12/17	15	\$150.00	24767
	Wed	10:00 AM	10:30 AM	9/11	12/18	15	\$150.00	24750
	Wed	4:30 PM	5:00 PM	9/11	12/18	15	\$150.00	24751
	Wed	5:30 PM	6:00 PM	9/11	12/18	15	\$150.00	24752
	Thu	10:30 AM	11:00 AM	9/12	12/19	13	\$130.00	24753
	Thu	5:00 PM	5:30 PM	9/12	12/19	13	\$130.00	24754
	Thu	6:00 PM	6:30 PM	9/12	12/19	13	\$130.00	24755
	Fri	10:30 AM	11:00 AM	9/13	12/20	14	\$140.00	24756
	Fri	4:30 PM	5:00 PM	9/13	12/20	14	\$140.00	24757
	Fri	6:00 PM	6:30 PM	9/13	12/20	14	\$140.00	24758
	Sat	9:00 AM	9:30 AM	9/14	12/21	15	\$150.00	24759
	Sat	10:00 AM	10:30 AM	9/14	12/21	15	\$150.00	24760
	Sat	2:30 PM	3:00 PM	9/14	12/21	15	\$150.00	24761
	Sat	3:00 PM	3:30 PM	9/14	12/21	15	\$150.00	24762

Class	Days	Start	End	Start	End	# Classes	Cost	Barcode
<b>Beginning Swimmer</b> Ages 6-16 Years Old	Mon	6:00 PM	6:30 PM	9/09	12/16	14	\$112.00	24743
	Mon	6:30 PM	7:00 PM	9/09	12/16	14	\$112.00	24744
	Tue	6:00 PM	6:30 PM	9/10	12/17	15	\$120.00	24745
	Tue	6:30 PM	7:00 PM	9/10	12/17	15	\$120.00	24746
	Wed	6:00 PM	6:30 PM	9/11	12/18	15	\$120.00	24731
	Wed	6:30 PM	7:00 PM	9/11	12/18	15	\$120.00	24732
	Thu	6:00 PM	6:30 PM	9/12	12/19	13	\$104.00	24733
	Thu	6:30 PM	7:00 PM	9/12	12/19	13	\$104.00	24734
	Sat	10:30 AM	11:00 AM	9/14	12/21	15	\$120.00	24736
	Sat	11:30 AM	12:00 PM	9/14	12/21	15	\$120.00	24737
	Sat	2:30 PM	3:00 PM	9/14	12/21	15	\$120.00	24738
	Sat	3:00 PM	3:30 PM	9/14	12/21	15	\$120.00	24739
	Sun	10:00 AM	10:30 AM	9/15	12/22	15	\$120.00	24740
	Sun	11:00 AM	11:30 AM	9/15	12/22	15	\$120.00	24741
	Sun	11:30 AM	12:00 PM	9/15	12/22	15	\$120.00	24742
<b>Advanced Swimmer</b> Ages 6-16 Years Old	Mon	5:30 PM	6:00 PM	9/09	12/16	14	\$112.00	24728
	Tue	5:30 PM	6:00 PM	9/10	12/17	15	\$120.00	24729
	Wed	5:30 PM	6:00 PM	9/11	12/18	15	\$120.00	24724
	Thu	5:30 PM	6:00 PM	9/12	12/19	13	\$104.00	24725
	Fri	6:00 PM	6:30 PM	9/13	12/20	14	\$112.00	24726
	Sat	11:00 AM	11:30 AM	9/14	12/21	15	\$120.00	24730
	Sun	10:30 AM	11:00 AM	9/15	12/22	15	\$120.00	24727
<b>Special Population</b> Ages 6-17 Years Old	Mon	4:00 PM	4:30 PM	9/09	12/16	14	\$112.00	24789
	Tue	4:00 PM	4:30 PM	9/10	12/17	15	\$120.00	24790
	Tue	6:00 PM	6:30 PM	9/10	12/17	15	\$120.00	24791
	Wed	4:00 PM	4:30 PM	9/11	12/18	15	\$120.00	24783
	Thu	4:00 PM	4:30 PM	9/12	12/19	13	\$104.00	24784
	Thu	5:30 PM	6:00 PM	9/12	12/19	13	\$104.00	24785
	Thu	6:00 PM	6:30 PM	9/12	12/19	13	\$104.00	24786
	Fri	4:00 PM	4:30 PM	9/13	12/20	14	\$112.00	24787
	Fri	5:30 PM	6:00 PM	9/13	12/20	14	\$112.00	24788
<b>Adults</b> Ages 17 & up	Mon	11:30 AM	12:00 PM	9/09	12/16	14	\$112.00	24721
	Mon	5:30 PM	6:00 PM	9/09	12/16	14	\$112.00	24722
	Wed	11:30 AM	12:00 PM	9/11	12/18	15	\$120.00	24716
	Wed	5:30 PM	6:00 PM	9/11	12/18	15	\$120.00	24717
	Fri	11:30 AM	12:00 PM	9/13	12/20	14	\$112.00	24718
	Sat	11:00 AM	11:30 AM	9/14	12/21	15	\$120.00	24719
	Sun	11:30 AM	12:00 PM	9/15	12/22	15	\$120.00	24720
<b>Adult Stroke Development Class</b>	Tue	8:30 PM	8:45 PM	9/10	12/17	15	\$180.00	24714
	Thu	8:00 PM	8:45 PM	9/12	12/19	13	\$156.00	24713
<b>Senior Adult</b> Ages 50 & up	Tue	11:30 AM	12:00 PM	9/10	12/17	15	\$120.00	23781
<b>Pre-Competition</b>	Fri	6:00 PM	7:00 PM	9/13	12/20	14	\$224.00	24792
<b>Family Lesson</b>	Sat	10:30 AM	11:00 AM	9/14	12/21	15	\$120.00	24748

## Women Single Gender Programs

Seattle Parks and Recreation is proud to offer single gender public swim and swimming lessons for women who, because of cultural or personal reasons, cannot swim in a co-ed environment. During these programs the windows to the pool are covered and only female instructors are employed for privacy.

Class	Days	Start Time	End Time	Start	End	# Classes	Cost	Barcode
<b>Kinder</b> Ages 4 and 5 Years Old (Girls Only)	Sun	6:00 PM	6:30 PM	9/15	12/22	15	\$150.00	24768
<b>Beginning Swimmer</b> Ages 6-16 Years Old (Females Only)	Sun	5:30 PM	6:00 PM	9/15	12/22	15	\$120.00	24747
<b>Women &amp; Teens</b> 12 Year Old & up (Females Only)	Sun	6:00 PM	6:30 PM	9/15	12/22	15	\$120.00	24723



**Seattle Children's**  
HOSPITAL • RESEARCH • FOUNDATION

YOU CAN BE A SUPER HERO TOO! As part of our ongoing commitment to water safety, Seattle Parks and Recreation—in partnership with Seattle Children's

Hospital and supplemented by donations from the community made to the You Can Be A Super Hero Too campaign—is offering scholarships to supplement the cost of swim lessons for youth ages 4 to 16.



### Can you make a donation?

To make your donation to the Seattle Parks and Recreation swim lesson scholarship fund, visit any Seattle Parks and

Recreation swimming pool, or donate online to [www.arcseattle.org/get-involved/](http://www.arcseattle.org/get-involved/). For more information, call your local pool or 206-684-7185. Be a hero and help every child become a super swimmer!

## Lesson Tips of the Quarter

### Attendance

Your children's learning relies on a lot of factors, including skill level, student-teacher relationships, class control to name a few. But, the greatest factor that we often forget is attendance. If a student is in class and actively participating, they will learn more.

The first thing that comes to mind when we are asked "Why can't my kid swim?" is whether or not the child has good attendance and properly engaged in class. Registration is not enough—following through with consistent attendance, active participation and paying attention will let you reap the benefits of your classes. Below are some other ripple effects of having good attendance.

#### Ripple # 1: ***It makes sure that every student fits their class.***

On the first day of lessons, we group kids together according to skill level and assign their teachers. Lately with some of our bigger classes, only half of all registered students show up. This does not let us see everyone's skill sets and the groupings end up wonky. When everyone shows up, it makes the process more effective and the students are set up for success.

#### Ripple # 2: ***The student obtains and retains skills better.***

The more we do things, the more they become natural to us. The more we practice, the better we get. The same is true in swim lessons. We want them there, and we want them to keep coming. That's the best way for them to get the practice and instructions they need to be safer and better when in the water.

These are quick and easy ways to help you, other patrons and the staff make sure that we achieve our aquatic goals. We are excited to have you here at Rainier Beach Pool and Community Center.

***Happy Swimming!***

## Do you know a swimmer who needs a scholarship?

To learn more about applying or to receive a Low-Income Scholarship application, please speak to a front desk attendant.

Approved scholarships may be used for any swimming lesson, with additional funding available to Kinder, Beginning Swimmer, and Advanced Swimmer lessons.